

SAT/SUN		MON	TUE	WED	THU	FRI	SAT/SUN	
		R M W S	R M W S	R M W S	R M W S	R M W S		
FRI	P M E S	<div style="text-align: center;"> <h1 style="font-family: cursive;">Feel like a</h1> <h1 style="font-family: serif;">MILLION</h1> <h2 style="font-family: sans-serif;">GAME PLAN</h2> <div style="display: flex; justify-content: space-around; margin-top: 20px;"> </div> <p> <i>P</i> = Physical <i>M</i> = Mental <i>E</i> = Emotional <i>S</i> = Social </p> <div style="display: flex; justify-content: space-around;"> </div> </div>					S S M P	NOW
THU	P M E S						S S M P	TUE
WED	P M E S						S S M P	WED
TUE	P M E S						S S M P	THU
MON	P M E S						S S M P	FRI
		R M W S	R M W S	R M W S	R M W S	R M W S		
SAT/SUN		FRI	THU	WED	TUE	MON	SAT/SUN	

Planning to Feel Like a Million

Feeling good doesn't just happen; it takes a plan. Use this form to plan physical, mental, emotional, and social investments in feeling good.

Review your Feel Like a Million Investment Portfolio. Then, beginning Monday in the lower left corner, plan several days or a week of investments.

Write the date, investment amount, and number from the portfolio beside the P, M, E, or S (physical, mental, emotional, or social). Try to balance your investments in all 4 areas. Feel free to reinvest in the same activity if it offers you a positive return in feeling good.

Your goal is to accumulate \$1 million in investments in 28 days. To encourage you to make regular investments, no more than \$60,000 a day can count toward your total.

Use the Feel Like a Million Ledger to record and monitor your progress. Good Luck!

Mon 10/24	<i>P</i>
20,000 - #8	<i>M</i>
20,000 - #10	<i>E</i>
	<i>S</i>

EXAMPLE